



## Milan Special School District CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Milan Special School District in February 2007.

### CSH Infrastructure Established

An infrastructure for CSH has been developed for the Milan Special School District that includes:

- School Health Advisory Committee
- One Healthy School Team
- School Health Policies strengthened or approved include bullying, student wellness, 90 minute physical activity law, and the vending machine law
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 38,180.00.

Community partnerships have been formed to address school health issues. Current partners Include:

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|---|--|
| ➤ Milan Elementary School                     | ➤ DAWGS of Determination (High School Anti-Drug Club)    |
| ➤ Tennessee Teen Institute                    | ➤ S/S Wolfe Counseling                                   |
| ➤ Milan Middle School                         | ➤ Milan Police Department                                |
| ➤ Pathways                                    | ➤ Trimmer's Auto Body Shop                               |
| ➤ Milan High School                           | ➤ Milan Middle School Resource Officer/DARE Officer      |
| ➤ Youth Villages                              | ➤ Milan Elementary Parent Advisory                       |
| ➤ Milan Family YMCA                           | ➤ DARE Role Models                                       |
| ➤ Tennessee Voices for Children               | ➤ Milan Middle Parent Advisory                           |
| ➤ Tennessee Department of Children's Services | ➤ Gibson County Emergency Management Agency              |
| ➤ EW James                                    | ➤ Total Wellness Chiropractic                            |
| ➤ Gibson County Health Council                | ➤ Gibson County Health Department (Department of Health) |
| ➤ West Tennessee Healthcare                   | ➤ Simplicity Massage                                     |
| ➤ Gibson County InterAgency Council           | ➤ Milan Fire Department                                  |
| ➤ Milan General Hospital                      | ➤ Milan School Health Clinic                             |
| ➤ Gibson County Citizens of Action Coalition  | ➤ Dale's recycling                                       |
| ➤ TNCEP                                       | ➤ UT Extension   |

## **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities such as school health screenings, May Days, parent advisory council, school climate committees. Currently, 35-40 parents are collaborating with CSH.

Students have been engaged in CSH activities that include school health screenings, Tennessee Teen Institute, and DAWGS of Determination (an anti-drug group at Milan High School). Approximately 65 students are partnering with CSH to address school health issues.

## **School Health Interventions**

Since CSH has been active in the Milan Special School District, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers screened with referrals – 2007-2008 820 screenings, referrals N/A ; 2008-2009 1026 screenings, 178 referrals; 2009-2010 1060 screenings, referrals N/A; 2010-2011 1810 screenings, 214 referrals (scoliosis/dental included);

Over 17, 254 Students have been seen by a school nurse since the formation of CSH in 2007. 2007-2008 4, 165 students seen, 67.8% returned to class; 2008-2009 N/A; 2009-2010 N/A; 2010-2011 10, 267 students seen, 72.5% returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in the Milan Special School District in 2007-2008 Underweight 1.3%, healthy weight 56.6%, overweight 18.6%, and obese 23.5%, 2008-2009 Underweight 4.2%, healthy weight 58.4%, overweight 15.1%, and obese 22.3%, 2009-2010 data lost, 2010-2011 underweight 3%, healthy weight 61%, overweight/obese 36%, obese 20%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Dance Dance Revolution (industrial size), Wii's for all three schools with interactive games, promotional items such as exercise posters, activity handbooks, nutritional items, insanity workout series for high school, Frisbees, pens, pencils and water bottles with CSH on them, equipment used for student and staff health screenings, display board for fairs, open houses, promotion of CSH, CSH banners for all three schools in the Milan Special School District, volleyball equipment to help start the high school team, recess equipment at middle and elementary schools, physical education equipment at all three schools, Red Ribbon Week supplies at all three schools, physical activity posters to display in all classrooms for each school, office supplies, office equipment, hand sanitizers in cafeterias, Michigan Model curriculum, nutritional videos and lessons, and Mock Crash items;

Professional development has been provided to school health staff over the past four years. This include professional development to Milan SSD administrators, school counselors, social workers, physical education teachers, nurses, and classroom teachers They attended Obesity Summits in Dyersburg and Nashville, TN, TNSHC Fit for the Future Conference, Coordinated

School Health meetings and institutes, TAHPERD and Healthy Minds, Strong Bodies Conference in Chattanooga, TN.

All staff has had a few professional development days in which CSH planned a health fair complete with screenings.

School faculty and staff have received support for their own well-being through tips on recipes and healthy eating, support and promotion of physical activity such as ZUMBA , classes offered at the school and through the Milan YMCA, staff Health Fairs, stress management sessions, encouragement to use the Milan School Health Clinic when needed, and the Biggest Loser for staff.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – dental screenings for elementary students, nutrition classes for students grades K-9, nutrition posters for all classrooms, suicide prevention classes for 7<sup>th</sup> and 9<sup>th</sup> grades, Michigan Model curriculum used in elementary and middle school classes, updated wellness policy (not approved by Board yet but revisions made), Biggest Loser competition for staff at elementary and middle schools, Health and Career Fair for 7<sup>th</sup> and 8<sup>th</sup> grade students, and health screenings conducted yearly for students grades PreK, K, 2, 4, 6, 8, 9
- Physical Education/Physical Activity Interventions – Go Girl Go program for fourth grade girls, physical activity posters for all classrooms, insanity workout series for high school wellness classes/sports' teams, updated wellness policy (not approved by Board yet but revisions made), Blue Cross Blue Shield Walking Works program for 5<sup>th</sup> graders, CSH staff assisted in the TCAP fun days, full of physical activity, May Days, teachers trained in Take 10! curriculum in elementary and middle schools, CSH hosts 5 week physical activity challenge at the middle school, Fit for Life program, fitness and nutrition taught to participants in the YMCA after school care, all 7<sup>th</sup> and 8<sup>th</sup> grade students received copies of "Born to Move", and physical education provided by CSH for Alternative Education students;
- Nutrition Interventions – nutrition posters for all classrooms, nutrition education classes for students grades K-9, staff Health Fair (cholesterol, glucose, BMI checks), Biggest Loser competition for all staff at elementary and middle schools, healthy snack ideas presented at Parent Advisory meetings, Healthy Recipe contests for student's at all three schools. updated wellness policy (not approved by Board yet but revisions made), fresh fruit of the month featured in all three cafeterias, food service surveys conducted, nutrition newsletters provided to students and found on Milan SSD CSH website, assisted food services in marketing for school breakfast at the Middle School, and received grant to assist with breakfast in the classroom at that school
- Mental Health/Behavioral Health Interventions – Olweus bullying program adopted by Milan SSD 2010-2011 (district-wide), bullying policy adopted by Milan SSD, school-wide Positive Behavior Support adopted by Milan SSD 2010-2011,

suicide prevention classes for students in 7<sup>th</sup> and 9<sup>th</sup> grades, YRBS conducted at Milan High School, Jason Foundation training for all Milan SSD staff , Cyber Bullying presentation for staff, students and community in all schools, helped provide aid/resources for storm victims/plus counseling, applied for grant to re-establish Lunch Buddy Mentoring Program for elementary students, resources on eating disorder and HIV/AIDS education provided to high school teachers, training for staff on self-injury as identified by the School Health Index, partnership between the school and a counseling agency to provide services for our students, poverty simulation was provided as professional development for staff, Life Choices program taught in high school wellness classes, tobacco prevention trunks made available for all schools to assist in teaching students about the dangers of tobacco, and Ollie the Otter Booster Seat program adopted into the schools every other year

Since the adoption of CSH four years ago, the Milan Special School District is proud to have one of the few school health clinics in West Tennessee. Thanks to a partnership from West Tennessee Healthcare, the Milan School Health Clinic is up and running and continues to thrive as a service provided for our staff and students.

In such a short time, CSH in Milan Special School District has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Kate Smith  
731-686-7232